

What is the relationship between whole grain intake and type 2 diabetes? (DGAC 2010)

Conclusion

Consumption of whole grains is associated with a reduced incidence of type 2 diabetes in large prospective cohort studies.

Grade: Limited

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the relationship between whole grain intake and type 2 diabetes?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Whole grains: What is the relationship between whole grain intake and health?](#)